

# CACFP One Month Menu

Sponsor Name/Site Name Head Start of Yamhill County

Month and Year October 2024

Meal Patterns	Monday 10/7/24	Tuesday 10/8/24	Wednesday 10/9/24	Thursday 10/10/24	Friday 10/11/24
<b>Breakfast</b> <ul style="list-style-type: none"> <li>• Grains, or Meat/meat alternate (no more than 3 times per week)</li> <li>• Vegetables or Fruits</li> <li>• Fluid Milk</li> <li>• Other Foods (Bonus)</li> </ul>	GM Cheerios Bananas Milk/Soy/Lactaid*	Yami Vanilla Yogurt Strawberries WW Granola Milk/Soy/Lactaid*	WW Pancakes Applesauce Milk/Soy/Lactaid*	GM Kix Peaches Milk/Soy/Lactaid*	<b>In Service day- No School for all</b>
<b>Lunch</b> <ul style="list-style-type: none"> <li>• Fluid Milk</li> <li>• Meat or meat alternate</li> <li>• Vegetables</li> <li>• Fruits/Veg</li> <li>• Grains</li> <li>Other Foods (Bonus)</li> </ul>	Build your own Chicken/Cheese Sandwich WW bread Orange Slices Carrots & Cauliflower Milk/Soy/Lactaid* Ranch	Baked Chicken Legs Apple Slices Snap Peas WW Roll Milk/Soy/Lactaid*	WW Spaghetti w/Lentils/beef Tropical Fruit Broccoli & Cauliflower WW Roll Milk/Soy/Lactaid* Ranch	Build your own Turkey/Cheese Sandwich Apple Slices Mixed Veggies Milk/Soy/Lactaid*	
<b>PM Snack- 6 hour class</b> (Select two of these five components) <ul style="list-style-type: none"> <li>• Fluid Milk</li> <li>• Meat or meat alternate</li> <li>• Vegetables</li> <li>• Fruits</li> <li>Grains</li> </ul>	WW Animal Crackers String Cheese Water	WW Pretzels Carrots w/ ranch Water	WW Goldfish Mandarin Oranges Water	Graham Crackers Broccoli w/ ranch Water	

**Milk served is unflavored low-fat 1% milk. Soy Milk served as Milk Substitute Preference**

Center:      Sheridan                      MEC                      Praise                      Modular                      Lafayette                      Newberg

This institution is an equal opportunity provider.